

BEYOND BARRIERS

VOLUME 3 ISSUE 3

SIKESTON REGIONAL CENTER

FALL 2002

Meeting The Challenges - One By One



My name is Ryan Sutterer. I am 18 years old, and live in Perryville, Missouri. I graduated from St. Vincent High School this past May, and am now a Freshman at Southeast Missouri State University in Cape Girardeau, Missouri. I'm majoring in Biology and working toward a pre-optometry degree.

Up until the time I was 15 years old, I played and enjoyed many sports. I was on the swim team, summer baseball teams, soccer team, high school football and basketball, and played golf. I have always been, and still am, a very disciplined person, and enjoy the challenge of staying in shape and being strong physically and mentally.

On a Sunday in June 1999, I awoke early and jogged over to our Park Center. As I usually did most mornings, I worked out in the weight room and jogged home. I enjoyed the rest of the day with my family, and about 10:00 p.m. that evening, I started experiencing sharp pains in the middle of my back. After taking some Motrin, I went to bed. Around 3:00 a.m., I awoke with a tingling in my hands and feet. My parents and I decided we should go to the hospital. As I went out the door, I was stumbling and it was hard to pick up my feet. By the time we made the five minute trip to our local hospital, I found I couldn't walk to get out of the van and go in. I had to use a wheelchair.

After examination, the emergency room doctor sent us to St. Francis Hospital in Cape Girardeau. By the time we arrived at the hospital, I had lost the use of my arms as well. I spent the next six weeks in the hospital, two of which were in critical care and on a ventilator. The final diagnosis was Transverse Myelitis (inflammation of the covering of the spinal cord.) Over the past three years, I have been to many doctors, including

the Rehabilitation Institute in St. Louis, and John Hopkins in Baltimore. I was left paralyzed from the waist down due to the spinal cord damage that this disease caused.

Although the past three years have been extremely difficult, I made a decision, with the support of my family, that I would continue on with my life and my goals as I had planned. I also

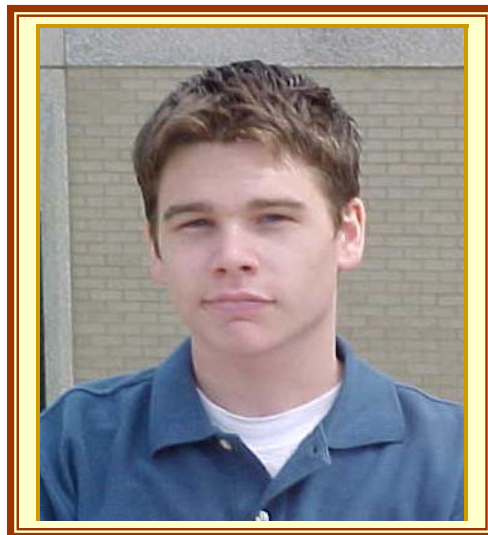
have great hope for the future, with all of the spinal cord research that is taking place today, that I will walk again.

A typical day for me starts out at 5:00 a.m. and ends at 10:00 p.m. My day includes three hours of physical therapy, commuting to college 50 minutes each way, studying, and working a part-time job. Last summer, I took driving lessons and got my driver's license. I drive our van, which is equipped with hand controls and a lift. I am taking 15 credit hours this semester. I have always wanted to go to college.

Before I began last August, I had the usual doubts and questions like, "Can I do this?" and "How will this all work out?" After six weeks of classes, I am now feeling more comfortable and confident. I have a lot of hard work ahead of me, but I feel I can do it.

I have learned many things throughout the past three years, one of them being what I am made of. I have learned that my faith is strong; to take one problem, one issue, or one day at a time; and to accept help when I need it. After all, no one gets through their life without needing help at one time or another. I have also learned how many good and caring people there are in this world. I feel that with God's help, the support of my family, and the many people who have touched our lives throughout this time, that anything is possible.

-- Ryan Sutterer



AWARENESS AND PREVENTION

What do we know about mercury and its effect on the developing human?



I can remember as a child being fascinated with the mysterious liquid balls of mercury that danced on the floor when I had accidentally broken a thermometer. We scooped it up on a piece of paper and transferred it to my palm where I observed it (played with it) for a few minutes. I remember mom keeping a watchful eye on this process, and warning me that it was "poisonous". It was soon discarded, but not forgotten. Ever after, I was nervous about having this fragile glass tube of "poison" actually placed in my mouth to check for fever.

Memories of my experience with mercury were still "on file" when I began to learn that this dreaded substance was actually a key ingredient in the immunizations we, as good parents, watch injected into our infants and children. Mercury, in a form called thimerosal, is still found in the vaccines even after the uproar of newly educated parents began. It is a cheap preservative, therefore a "metal free" vaccine is more expensive. Insurance does not like to pay for more expensive medicines when a cheaper one is available... see a problem? Clinics, likewise, opt to make their dollars go farther... hmmm. It is up to the diligent, concerned parent to learn just who made the vaccine and what is in it, then to pay the extra cost.

Additionally, there are scheduling issues. Before an infant even leaves the hospital in this "enlightened" age, the child has probably been infected with more vaccines than most of us had accumulated by the time we started high school.

What does the mercury do? Well, it has been linked to autism, ADD and ADHD, and various auto-immune disorders and learning disorders. We have often heard speculation that some of these have been "over-diagnosed". A more true statement would be that they are on the increase. Guess what? So are the quantities of immunizations pumped into our children at an early age... when they are small. Think about it, aren't most medication doses based on weight?

Granted, there are other ways to be subjected to mercury. Mercury poisoning is cumulative, it stays in the body. What is injected with vaccines can be compounded with dental amalgams (fillings containing mercury), RhoGam injections (Rh-negative moms), fish/seafood (containing

methylmercury). Since 1998 contact lens solution no longer contains thimerosal.

DPT, Hib (routine since late 1980's), Hep B ("mandatory" in infants since 1991... a series of 3 injections which is started within days of birth) are all likely to contain mercury. By the age of 6 months a fully vaccinated infant has received 3 DPT (75 mcg mercury), 3 Hib (75 mcg), and 3 Hep B (37.5 mcg) for a total of 187.5 mcg mercury. This exceeds the EPA safe limit. And we are not finished yet - there are other immunizations down the road.

I am in no way taking an anti-immunization stance. Rather, encouraging parents to learn about the things we tend to take for granted. There are other vaccine schedules that could be followed to prevent massive doses all at once. A book by Dr. Cave, What Your Doctor Might Not Tell You About Childhood Immunizations offers more information about this topic as well as suggested alternate vaccine schedules. This can be purchased for about \$14 in softback edition at Barnes and Noble, or can probably be ordered online. There are available vaccines that are metal-free. There are options. Significant improvements have even occurred with mercury and other heavy metal removal. For more information on this process you might want to look up some studies or articles by Amy Holmes, M.D. She is one of several renowned DAN! (Defeat Autism Now!) doctors in this country. You should be able to find more information by exploring www.autism.com or learn about workshops addressing this and related issues by writing Wellness Workshops/DAN; 4 Woodcliff Trail; Newton, NJ 07860.

A Kentucky law firm is pursuing litigation against various pharmaceutical manufacturers who make and distribute vaccines containing Thimerosal. If you think Thimerosal may have caused injuries to your child, or to learn more about Thimerosal or this class action suit, you can visit <http://www.BKOlawTeam.com> or call 1-800-LAW-CENTER, or write the Law Offices of Bryant, Kautz & Osborne at Post Office Box 1876, Paducah, KY 42002-1876.

-- Royce Kessel, Service Coordinator

Governor's Council on Disability Sponsors Annual Poster and Journalism Contests

"Communities are for Everyone." That is the theme of the 2002-2003 Missouri Poster and Journalism Contests sponsored by the Missouri Department of Labor and Industrial Relations, Governor's Council on Disability. Students are asked to think about the inclusion of people with disabilities in their community and school activities; to think about any barriers, both physical and attitudinal, that may keep people with disabilities from being fully included; then to design their own personal plan for full inclusion. The students are then asked to write a report telling us about their plan for inclusion or design a poster depicting their plan.

The purpose of the contests is to reward excellence in art and journalism while increasing disability awareness among Missouri's youth. The contests are open to all Missouri students in grades 7 through 12. Contest flyers were distributed to the schools in September.

Prizes will be awarded to both the Poster and Journalism Contests. Additional prize drawings will be held for those not receiving top honors. If you would like to receive a contest flyer, you may contact Donna Borgmeyer at the Governor's Council on Disability, 1-800-877-8249. The deadline for submitting entries is March 1, 2003.



TECH TIME

(Technology news and featured web sites)

ACCESS TO COMPUTERS

Great News! Thanks to a Library Grant, computers have now been placed at two independent living centers (**LIFE Center** in Farmington, **BAILS** in Kennett) as well as at three day programs in our region (**Columbus Club** in Sikeston, **Horizons** in Cape Girardeau, and **My Camp** in Uniontown.) All Library Grant computers are for the use of consumers, family members, and support staff. Some sites will also supply Internet for the computer. Please check with the center or program nearest you for hours of availability. The independent living centers also have a variety of adaptive equipment for computers that can be tried out to see what will work for a particular person who has a disability.

The Association of Blind Citizens has an Assistive Technology Fund that provides funds to cover 50% of the retail price of adaptive devices or software. Check out this web site for details: <http://www.assocofblindcitizens.org/> and click on "Assistive Technology Fund Application." Also on this web site: ABC Scholarship application, find out about Beep Baseball League, or listen to In Focus, a monthly radio program in real audio format.

Free and Low-Cost Internet: For a list of free or low-cost Internet services, go to www.freedom-list.com. Among the bargains is Talent Group Enterprises, offering unlimited Web and email access with no pop-up ads or long-term service contracts for \$8 per month at www.talentg.com. Go to www.access-4-free.com for ten hours per month of free online time. – from *Readers Digest*

FALL 2002 FEATURED WEB SITES

Special Needs Network is a comprehensive and easily navigated web site. The site was developed for military families with special needs kids, but it contains excellent resources for any family with special needs kids! Learn about health, early intervention services, education, state and nationwide programs. Military families can find out about the Exceptional Family Member Program (EFMP.) www.mfrc.calib.com/SNN/

Family Education Network features expert advice, home schooling hints, a reading readiness screening tool, newsletter and more. Click on "LD & ADHD Extra Help" for hints and helpers to make this school year a breeze! Check out this terrific education web site at www.familyeducation.com

LD On Line is the site to check out if your child has a learning disability. Get IEP and IDEA information, as well as school, parenting, and research updates. Teachers can even get hints on creating useful IEP's! www.LDOnLine.org

Tender Loving Care offers information, encouragement and inspiration for caregivers. Go to www.tenderlovingcalling.org

ADA & IT Center Find resources to make a web site accessible! If you are interested in ADA as it relates to Information Technology, whether at school or on the job, then the Great Plains ADA & IT Center's web site is for you! Go to www.adaproject.org

Spina Bifida Association of America: www.SBAA.org/

Teachers and Homeschoolers: Get free lessons for grammar, reading, handwriting, sign language, and math at <http://abcteach.com/directory/basics/>.

Info Please: Information about almost everything can be found at this site. There are thousands of facts on every subject imaginable! Check out Infoplease 4 Teachers, Infoplease 4 Parents, Fact Monster Kids' Resources, the Homework Center and more. www.infoplease.com

THREE CHEERS

Beyond Barriers salutes the ABC 123 Learning Center in Cape Girardeau. Since the opening of this daycare center, about a year ago, staff have been teaching children simple sign language as part of their daily activities. The kids have learned to sign everyday words, like colors, animals, their names, etc. "It's amazing how quickly they pick it up," says owner/director Cathy Friga. Miss Cathy adds that the center teaches sign language "just because we think it's important." Only time will tell what the long term effects will be for these children, and for their deaf friends and classmates, in the years to come.



RAC RAP



Welcome to Fall! The greatest time of the year, when green leaves turn into beautiful shades of golden yellow, orange, red, and brown. The cool, crisp air causes fireplaces to be lit, and comfort to fill the room. Can you picture it?

Something else always happens in the Fall - elections. The Regional Council hosted a candidate forum on October 22nd in Sikeston. Five of the fourteen candidates vying for a seat in the House were on hand to answer questions related to disability issues. Transcripts of the forum can be obtained by contacting our office at 573-472-1711 or 1-800-497-4647. The five candidates in attendance were: Lanie Black, R-District 161; Jason Crowell, R-District 158; Denny Merideth, D-District 162; and Peter Myers; R-District 160; and Tim Doubledee, L-District 157.



A new class of Partners in Policymaking will begin in January 2003. Partners, for short, is a leadership training program

designed for self-advocates and parents of young children with developmental disabilities. Based on a national model, the overall goal is to develop productive partnerships between people who need and use services, and those in a position to make policy and law. Partners are able to accomplish this by having opportunities to meet and talk with national leaders in the field of developmental disabilities. The program provides information and the development of skills around current issues, as well as policymaking and legislative processes at local, state, and national levels. For more information or an application, call Lee or Kathy.

The Council is also planning a MOAIDD training on Saturday, December 7th from 9:30 am to 4:30 pm. It will be held at St. Francis Medical Center, Cape Girardeau, Conference Room A. MOAIDD is the Missouri Alliance for Individuals with Developmental Disabilities. It is a statewide volunteer organization consisting of people with developmental disabilities and family

members. Its purpose is to schedule visits and make recommendations to improve the quality of life of Missouri's citizens with developmental disabilities. Periodic visits are made to people who are receiving residential services through the Department of Mental Health, Home and Community Based Waiver, through the Division of MR/DD. MOAIDD volunteers are able to look at the quality of life from a personal perspective, and the family point of view. This program looks at the degree of power and choice individuals have in making decisions in their daily lives.

If you are interested in attending this training, please call Lee or Kathy at 1-800-497-4647 or 573-472-1711 to make your reservation. Lunch will be provided, and the training is free of charge.

There you have it! An action-packed Fall, chock-full of exciting opportunities. Be sure and take advantage of our upcoming trainings.

--Lee Trankler
Region IX Council

ATTENTION PROVIDERS!!!

2003 Dates for Mandt Training at Sikeston Regional Center

INTERMEDIATE CLASSES

January 30 - 31, April 17-18, June 19-20, August 28 - 29,
November 20-21

INTERMEDIATE RECERTIFICATION CLASSES

February 21, May 2, June 27, September 19, November 7

ADVANCED CLASSES

Presented upon request on an as-needed basis.

Register by calling Tom Ayers at 800-497-4647 or
573-472-5300.

FREE FOR THE TAKING!

20 Volume Encyclopedia Set
2 Volume Dictionary
1 Child Craft Set

Call 1-800-646-2132 and

Missouri Career Network is holding an informational meeting to discuss the how-to's and role of mentors who will assist people with disabilities in finding employment. The meeting will be held Thursday, November 14th from 10:30 am - 12:30 pm at SADI (121 Broadview, Suite 12, Cape Girardeau). If you are an adult with a disability, and would like to find employment, please call Gloria Hopkins at 1-800-497-4647 to register for this informational meeting.

Daycare Inclusion - Is It For You?



All children are special, and all children have needs. With so many typically developing children and the many needs each brings, many child care providers may feel overwhelmed at the prospect of caring for a child, or children with "special needs." They may feel ill-equipped to provide the supports that a child with different needs might require. But the reality of life is that most parents have to work, even though some of their children have special needs. Who is to care for the children? Even though a child care provider may have no special training in the area of a specific child's disability, they may still hold one very important key to that child's development. A quality child care setting offers a place where that child can spend hours each day observing and learning to participate, and enjoying peers who are passing through ages and stages in a more usual way. All children learn from each other. Children with developmental concerns very much need to be involved with, and learn from other children who are not having problems.

Some early care programs place special needs children together in a center where staff with special training can provide for their many needs. This has not been the most successful approach for many children, and it is not how today's world works. Imagine how difficult it would be to learn a new language if you spent your days with people who didn't speak or who spoke incorrectly. Similarly, how difficult would it be to learn appropriate behavior if you spent your days only with children who had problems with behavior? Would you aspire to crawl, pull-up, stand, or walk if no one in your group ever did? For example, picture yourself as a child with autism, already having problems with language, isolation and social skills, then you are placed in a setting with only other children with autism. Who would initiate interaction and try to play with you? Who would you watch? Who would you model? It would be a lonely place indeed. Having watched changing practices in the field of Special Education for 20 years, I have seen what happens when we put all of the "special needs" children together. Many times, it isn't special, and the children achieve little at best.

What about the typically developing peers? Would it hamper their development to add a child with different needs to a child care group? Is there anything the peers could gain? What if we don't add the different

child? Will the others have as much opportunity to learn empathy and compassion? What will our society look like when we are old and ourselves needing care? Will today's children know how to include us? I recently heard a quote which said that the best measure of any nation is how it cares for its citizens in the shadows. I believe it is time to develop truly inclusive child care settings for all children whose families need and desire them.

Indeed, through inclusion everyone wins. This concept is woven throughout the very fabric of our American Flag. Let's join together and find a way to share the light of the many smiling faces and great early experiences which make up early childhood programs with children who might otherwise remain isolated in the shadows, cast by their disabilities. Inclusion is more than right, it is also mandated by Federal law. Childcare providers cannot legally exclude children with disabilities without trying to make reasonable accommodations for them.

Southeast Missouri Childcare Resource and Referral is an agency that can help with special needs related to your child's ability to access and benefit from quality child care. Inclusion Services are available to you at no cost. We can work with you to help find the right child care setting for your child and family. We can provide technical assistance and training, and help arrange whatever type of support might be needed to make a childcare setting work for an individual child and family.

Many childcare providers in our 20 county region are already serving children with a variety of needs. Many more will be as we continue to move ahead, providing training and solutions, and including special children, one by one. Parents and child care providers can call for assistance anytime there are concerns. Inclusion services are grant funded, and without cost to families or child care providers. With parental consent, we can provide on-site observations, training, and consultation. We won't have all the answers, but together we can find ways to include children and improve lives.

—Written by Kathryn West, MSE, Inclusion Specialist, Southeast Missouri Child Care Resource and Referral, Southeast Missouri State University, One University Plaza, Mail Stop 9425, Cape Girardeau, MO 63701, email: kwest@semo.edu



Kathryn West

Regional Round-Up

S.T.A.R. ATTRACTIONS

S.T.A.R. is a community therapeutic recreation program serving individuals, from school-age to adult, who have varying degrees and types of developmental disabilities, and who are unable to successfully participate in regular recreation programs. Call Amy Roth at **334-2859** for more information and to register.

- ⇒ **November: Creative Cooking Night** at A.C. Brase Arena.
- ⇒ **December: Casino Night** at the Osage Community Centre



NEWS YOU CAN USE

--Candy Lane, Community Resource Coordinator

OUT OF SIGHT!

Pay Less for Contact Lenses! Cut the cost of your lenses by ordering them through the mail. First, ask your optometrist to give you your prescription. A year's supply of replaceable contact lenses that normally costs about \$180 through an optometrist's office can be ordered from Vision Direct www.visiondirect.com for \$92. Or, order from 1-800-Contacts and the cost could be as low as \$72. At Costco, the lenses could be purchased for about \$112.

If your child needs glasses and you don't have insurance, Medicaid won't pay for them...and there's no way you can afford them, give your Sikeston Regional Center service coordinator a call and ask him or her about Hometown Day.

HUGS AND HOPE

Hugs and Hope is a non-profit organization dedicated to bringing joy into the lives of critically ill or injured children. More than 300 volunteers send toys, cards, books and stickers to sick children. To view stories, pictures and prayers for the children, or to find out more information, visit their website at www.hugsandhope.com. Click on "Contact" to request an application for your child...or to find out about Parent "Pals" for times when you need another parent to talk to.

SPECIAL DIET?

Check out ***Living Without***. This publication features information about all kinds of "Special Diets," including gluten-free, diabetic, and many others. Find recipes and where to shop for special ingredients. Go to www.LivingWithout.com or order the magazine at Living Without Magazine, P.O. Box 2126, Northbrook, IL 60065...or call for more information: 1-847-480-8810.

NURSING HOME REPORT CARD!

A new government agency is taking the worry and guilt out of choosing the right nursing home. Using statistics, like how many patients report pain or infection, Medicare has ranked each home. Call 1-800-MEDICARE for the scores of nursing homes in your state.

AUTISM RESOURCES

Future Horizons offers an outstanding collection of Autism resources for professionals and family members. The president of the company has a son with autism and is very selective about publications they offer. Book and video topics include arts; behaviors; communication; diets; education and inclusion issues; medical issues; children, teen and adult issues; sensory issues; and social skills. Find resources dealing with everything from toilet training to navigating the social world. For a catalog or more information, write Future Horizons at 721 West Abram Street, Arlington, Texas 76013, call them at 1-800-489-0727, or visit www.FutureHorizons-autism.com. Be sure to ask about the Temple Grandin Award, too!

A HELPING HAND

Keith Taylor knows from experience that even a modest amount of assistance can make a huge difference in someone's life. A one-time gift of \$150 once kept him from being homeless. Now, years later, he also knows what it means to give! Last March he started an organization called **Modest Needs** that offers one-time assistance to anyone in a small financial bind who's willing to ask for help. He allots \$500 per month (12% of his English professor's salary) and accepts donations of any size. One-hundred percent of the donations are used to help people whose requests are accepted. If you have a request for yourself or someone else, or if you would like to make a donation, contact his web site at www.modestneeds.org.

PARENT HANDBOOK NOW AVAILABLE

The **National Association for Education of African American Children with Learning Disabilities (NAEACL D)** has developed a new publication entitled *One Child at a Time...A Parent Handbook and Resource Directory for African American Families with Children Who Learn Differently*. For a free copy, contact the NAEACL D at P. O. Box 09521, Columbus, Ohio 43209; call (614)237-6021; email info@ascid.org; or download it at www.charityadvantage.com/aacl d and click on "Articles and Publications."

The handbook is an informative and easy to read resource guide for African American families to better understand learning disabilities and special education. It provides guidance for parents in assisting their children to reach their fullest potential. "One Child at a Time" also includes information on the different types of learning disabilities, IDEA, special education services, private school education, and parent education and advocacy.



PLANNING FOR COLLEGE?

Start the journey here...

MO STARS is the student assistance division of the Missouri Department of Higher Education and administers a variety of federal and state grant, scholarship, and loan programs. For information about student financial assistance or to request a brochure containing information and requirements, contact the MOSTARS Information Center at (800) 473-6757 or visit their web site at www.mostars.com. Hearing/speech impaired citizens can call (800) 735-2966.

WIRED SCHOLAR is another terrific web site for anyone planning for college! Get comprehensive information on colleges and costs. Do an online profile and get access to 600,000 scholarships, grants, tuition waivers, internships and fellowships. www.wiredscholar.com

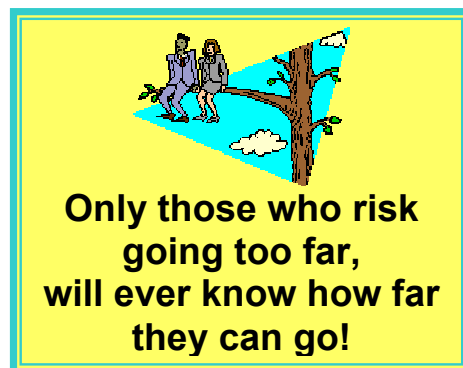
DO-IT stands for Disabilities, Opportunities, Internetworking and Technology. Project DO-IT's mentoring program promotes the goal of increasing the academic and career success of individuals with disabilities. Most mentoring takes place on the Internet. DO-IT's mentoring program has received national recognition with The Presidential Award for Excellence in Mentoring, along with several other national awards. The DO-IT Pals electronic community is open to all teens with disabilities who are interested in pursuing college and have access to electronic mail. They communicate with DO-IT mentors, receive useful college and career information from DO-IT staff and make friends. For a teen to join DO-IT Pals, send electronic mail to doit@u.washington.edu and request a DO-IT Pals application. Visit <http://www.washington.edu/doit/Programs/> for more information about DO-IT. The site has great information for faculty too!

A NEW PAMPHLET ON STUDENTS WITH DISABILITIES AND POSTSECONDARY EDUCATION: The Office of Civil Rights (OCR) in the U.S. Department of Education has prepared a pamphlet to inform students with disabilities about their rights and responsibilities and the responsibilities that postsecondary schools have towards them. This pamphlet explains the obligations of a postsecondary school to provide academic adjustments, including auxiliary aids and services, to ensure that the school does not discriminate on the basis of disability. This resource is written in a Question and Answer format, addressing many pertinent questions that arise once a student leaves the public school system.

You can receive more information about the civil rights of students with disabilities

in educational institutions by contacting:

Customer Service Team
Office for Civil Rights
U.S. Department of Education
Washington, D.C. 20202-1100
Phone: 1-800-421-3481
TDD: 1-877-521-2172
Email: ocr@ed.gov



The pamphlet is available online. You may also request a printed copy by contacting EdPubs via email: edpubs@inet.ed.gov or call toll free (877)4-ED-PUBS.

—from IDEA News



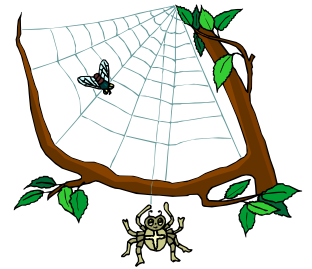
PARENT TO PARENT

The holiday season is near. It is always a busy time-meeting schedules, serving our families, and planning holiday get togethers. Let us also use this time for reflection. We can quickly look over this past year and be proud of our accomplishments, then pause to think of goals we may not have met, and make new goals. We can look for new ways to reach other levels of achievement.

These are all good and useful, but let us also be sure to make the most of this season of thankfulness and giving. Let us reach out to those who have stood by us and supported us throughout this year. Let's make the most of the relationships we are in by sharing a kind word and by going beyond our normal limits to show we care. The saying is "Give and it shall be given." Sometimes we may need to give to others even if there is no reason to give. You could give one of the 4-H's: 1) hug, 2) high five, 3) hello, or 4) handshake. It just takes a minute, but may last for days. Enjoy this holiday season!

- Cindy Brotherton, Parent Policy Partner

My name is Shauna Fann, and I was asked to write a few things about myself and my poetry. I am 32 years old, and I have lived in this area all my life, as has my family. I started writing poetry in my early teens. I find that it, in many ways, allows me to connect with my spirit and with God. It is a way of creating and of letting go. I only write when the bug bites me, so I do not have an abundant supply of poems at my disposal. However, this is one of my favorites. I hope you enjoy it.



SAID THE SPIDER TO THE FLY

"Welcome to my lair," said the spider to the fly,
running fingers through his hair, keeping beat on his thigh,
"I've a few things to prepare," as he closed the door behind,
"So please sit anywhere," and off he went for a brief time.
When he returned, to his despair, no one could he find,
but in his favorite chair lay a quickly scribbled rhyme.

"Not this time, my dear," wrote the fly nervously.
"I've had enough, I fear, of your hospitality.
Your eyes have a certain leer that leaves me feeling like a pastry,
and in this atmosphere, that's a little too tasty.
And so I disappear, where I go I've yet to see.
I know it won't be here, for that's a certainty."



Visit Sikeston Regional Center's Website at: <http://www.modmh.state.mo.us/sikeston/index.htm>

Information on alternative treatments, resources, and products is provided in this newsletter as a service to families, and does not reflect the endorsement of the Sikeston Regional Center or the Missouri Department of Mental Health. Families should always consult with their doctors and therapists before trying any new product or treatment.











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Beyond Barriers editor: Pam Webb

WINTER ISSUE to be published January 31, 2003

**Sikeston Regional Center
Beyond Barriers Team
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Sikeston, MO 63801**






Tips For Being An Expert Bike Driver

-  Get the right fit. A bike that's too big or too small can be uncomfortable and dangerous.
-  Dress for safety: Wear a helmet...wear bright colors during the day, and white or light colored clothes with reflective tape at night...use leg clips on pants, and don't wear loose clothing that could get caught in the chain.
-  Watch out for young children who may run out in front of you.
-  Always yield to pedestrians in crosswalks.
-  If a dog approaches you, slow down and stay calm. If attacked, get off your bicycle and keep it between you and the dog.
-  Keep an eye out for bumps, potholes, grates, curbs, street signs, low branches, leaves, sand, rocks and gravel, and railroad tracks. If you know what's coming up, you can stay in control.
-  Keep both hands on the handlebars...use a basket to carry your stuff.
-  Drive single file when biking with others.
-  Don't wear headphones when biking. You need to be able to hear horns and other traffic noises.
-  Use your hand signals, and follow the rules of the road.

Fun Things To Do On The Net



-  Find out the meaning of the spelling of your name, www.namepower101.com
-  Learn the truth about how things work (FUN!) www.howstuffworks.com
-  Make a new friend. E-Buddies pairs people based on similarities in age, interests, and gender, offering a safe way for people with disabilities to make friends. For more information, or to apply online, visit www.ebuddies.org

Ten Commandments For Parents

-- By Cindy Caudle

1. Take one day at a time and take that day positively. You do not have control over the future, but you do have control over today.
2. Never underestimate your child's potential. Encourage them, expect them to develop to the best of his/her ability.
3. Find and allow positive mentors; parents and professionals who can share with you their experience, advice, and support.
4. Provide and be involved with the most appropriate educational and learning environments for your child.
5. Keep in mind the feelings and needs of your spouse and your other children as well. Remind them that this child does not get more of your love, just because he/she gets more of your time.
6. Answer only to your conscience. Then you'll be able to answer to your child. You need not justify your actions to your friends or the public.
7. Be honest with your feelings. You cannot be a super-parent 24-hours a day. Allow yourself jealousy, anger, pity, frustration, and depression in small amounts whenever necessary.
8. Be kind to yourself. Don't focus continually on what needs to be done. Remember to look at what you have accomplished.
9. Stop and smell the roses. Take advantage of the fact that you have gained a special appreciation for the little miracles in life that others take for granted.
10. Keep and use a sense of humor. Cracking up with laughter can keep you from cracking with stress.

MIXING IT UP...FUN AND WORK!

Is it therapy, or is it recreation?



No matter what you call it, the bottom line is that the following programs are FUN and the therapeutic benefits can be enormous! Learn a new skill, increase self esteem, improve balance and muscle control, make new friends...the list goes on! Check it out!

Mississippi Valley Therapeutic Horsemanship Program (MVTH) is a not-for-profit therapeutic horsemanship program for individuals with disabilities. The program started in February of 2001 with one student and currently operates in Cape Girardeau, Jackson, and surrounding areas with an enrollment of 10 students.

Therapeutic riding and equine assisted therapy are recognized worldwide as beneficial activities for those with physical, emotional, behavioral, and cognitive disabilities. MVTH is a NARHA (North American Riding for the Handicapped Association) member center and operates with only one part-time paid NARHA registered instructor and the dedication of over 30 volunteers. It is MVTH's policy to not turn away any student due to financial constraints. Currently the program is being maintained by scholarship funds, student fees, and the generosity of community donors.

How can YOU help? MVTH can use assistance in the following ways:

- M volunteers for grooming, leading horses, side walking with a rider, cleaning tack, fundraising, etc.
- M donations (cash or supplies.)
- M sponsorship of a student and/or a horse for a semester.

The possibilities are endless! If interested in becoming part of or contributing to MVTH please call Melinda Wiggins (618) 747-2941.

Martial Arts Programs, led by instructor Alan Williams of Jackson Physical Therapy, are geared to people from age 5 to adult who have physical, cognitive, or sensory integration disorders. An eight-week class is currently underway at SEMO Alliance for Disability Independence, Inc. (SADI) in Cape Girardeau. (Look for a story and photos in the next edition of *Beyond Barriers!*)

Mr. Williams holds a 3rd degree black belt, certified through Moo Sul Kwan, AMASEA. He has taught martial arts for more than 10 years and is a licensed physical therapist. Students have fun and learn new skills while striving to reach projected, individual goals in adaptive martial arts classes. To find out when future classes are scheduled, call Mr. Williams at 573-243-1001.



Cody has been receiving horseback therapy through the Mississippi Valley Therapeutic Horsemanship program for over a year now. The sessions are one time a week for one hour. We heard about this wonderful program from a friend. Her daughter has been doing the horseback therapy for several months, and they were seeing results.

Cody enjoys going, and loves to ride Wendy and Blizzard. His favorite things to do on the horses include trotting and carrying an egg in a spoon. The riding promotes stretching of the adductors, hip flexors, and gastrocs, all of which are Cody's tighter muscles. It also challenges Cody to improve his coordination and balance. We, along with his private physical therapist, have seen improvement in his trunk as well as strengthening his lower extremities.

As a parent, I'm glad that we chose this option as a form of therapy. Cody has fun, and looks forward to going each week. I know your child would enjoy it too.